



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

## CLAIREMONT POOL

3605 CLAIREMONT DRIVE • SAN DIEGO, CA 92117  
(858) 581-9923 • [www.sandiego.gov](http://www.sandiego.gov)

# Summer 2010

JUNE 28 THRU SEPTEMBER 6, 2010

### LAP SWIM

Monday-Thursday 9:00am-4:00pm  
6:15pm-7:30pm  
Friday /Saturday/Sunday 12:00pm-4:00pm

### RECREATIONAL SWIM

Monday-Thursday 1:00pm-4:00pm  
(shallow end only) 6:15pm-7:30pm  
Friday /Saturday/Sunday 12:00pm-4:00pm

July 5 and September 6 12:00pm-4:00pm

### FACILITY ADMISSIONS FEES

Adults (16 & older) \$4.00  
Child/Disabled/Senior \$2.00

### DISCOUNT PASS FEES

Adults (16 & older) \$100.00/ 30 swims  
Adults (16 & older) \$35.00/ 10 swims  
Child/Disabled/Senior \$45.00/ 30 swims  
Child/Disabled/Senior \$15.00/ 10 swims



• **Passes expire one year from the date of issue and can be used at any City Pools.**

• **Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times**

• **All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.**

• **A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child**

• **The City of San Diego Swimming Pools may close without notice during inclement weather conditions**



**All City of San Diego Parks, Pools and Beaches are smoke free.**

**All Aquatic Programs, Schedules and Fees may change and/or be cancelled without notice.**

## CITY OF SAN DIEGO SWIMMING (CSDS)

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills I course or Pool Manager's approval.

**Monday-Thursday 4:45-6:00pm**

**Fee: \$35.00/Month** (Fees are due at the beginning of ea. month)

### YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age

**Tuesday/Thursday 6:00-7:30pm**

**Fee: \$25.00/Month** (Fees are due at the beginning of ea. month)

### WATER EXERCISE- Aquatic Body Conditioning

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Tuesday/Wednesday/Thursday 9:00-10:00am**

**Adults/Seniors \$3.50/class**  
**Discount Pass \$30.00/10 classes**



**RENTALS-** All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

**SAFETY CHECKS-** There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**EMERGENCY TESTING-** All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

**VOLUNTEERS NEEDED!**-Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

**DONATIONS-**By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235.



# SUMMER SWIMMING LESSONS SCHEDULE



**Session 1 June 28-July 9 (Mon thru Thursday) 8/ 40 minute classes**

There will be NO class on Monday July 5. For Session 1 classes will be conducted on Friday July 2.

10-10:40 am	10:45-11:25 am	11:30-12:10 pm	4:00-4:40pm	4:45-5:25pm	5:30-6:10pm
Tiny Tots	Parent Tot	Tiny Tots	Tiny Tots	Tiny Tots	Parent Tots
Super Tots	Tiny Tots	Adv. Tots	Tiny Tots	Adv Tots	Tiny Tots
Beg 2	Adv. Tot	Beg 1	Super Tots	Beg 1	Beg 1
Adv. Beg	Beg 3	Beg 2	Beg 2	Beg 2	Beg 3
			Adv Beg	Inter	Adults

**Session 2 July 12-July 23 (Mon thru Thursday) 8/ 40 minute classes**

10-10:40 am	10:45-11:25 am	11:30-12:10 pm	4:00-4:40pm	4:45-5:25pm	5:30-6:10pm
Tiny Tots	Tiny Tots	Parent Tots	Tiny Tots	Parent Tots	Tiny Tots
Adv Tots	Super Tots	Tiny Tots	Adv Tots	Tiny Tots	Tiny Tots
Beg1	Beg 2	Adv. Tots	Beg 1	Beg 1	Super Tots
Beg 2	Adv Beg	Beg 3	Beg 3	Beg 2	Beg 2
			Inter	Adv. Beg	Adults

**Session 3 July 26-August 6 (Mon thru Thursday) 8/ 40 minute classes**

10-10:40 am	10:45-11:25 am	11:30-12:10 pm	4:00-4:40pm	4:45-5:25pm	5:30-6:10pm
Tiny Tots	Parent Tots	Tiny Tots	Tiny Tots	Tiny Tots	Parent Tots
Super Tots	Tiny Tots	Adv. Tots	Adv Tots	Adv Tots	Tiny Tots
Beg 2	Adv. Tots	Beg 1	Beg 1	Beg 1	Adv. Tots
Adv. Beg	Beg 3	Beg 2	Beg 2	Beg 2	Beg 3
			Adv. Beg	Inter	Adults

**Session 4 August 9-August 20 (Mon thru Thursday) 8/ 40 minute classes**

10-10:40 am	10:45-11:25 am	11:30-12:10 pm	4:00-4:40pm	4:45-5:25pm	5:30-6:10pm
Tiny Tots	Tiny Tots	Parent Tots	Tiny Tots	Parent Tots	Tiny Tots
Adv. Tots	Super Tots	Tiny Tots	Adv Tots	Tiny Tots	Tiny Tots
Beg1	Beg 2	Adv. Tots	Beg 1	Adv. Tots	Super Tots
Beg 2	Adv Beg	Beg 3	Adv. Beg.	Beg 2	Beg 2
			Inter	Beg 3	Adults

**Session 5 August 23-September 3 (Mon thru Thursday) 8/ 40 minute classes**

10-10:40 am	10:45-11:25 am	11:30-12:10 pm	4:00-4:40pm	4:45-5:25pm	5:30-6:10pm
Tiny Tots	Parent Tots	Tiny Tots	Tiny Tots	Adv. Tots	Parent Tots
Super Tots	Tiny Tots	Adv. Tots	Adv Tots	Super Tots	Tiny Tots
Beg 2	Adv. Tots	Beg 1	Super Tots	Beg 2	Beg 1
Adv Beg	Beg 3	Beg 2	Beg 2	Beg 3	Adv. Beg/Inter

## LESSON FEES:

**Large Group** Resident \$53.75 Non-Resident \$107.50

**Small Group** Resident \$80.75 Non-Resident \$161.50

(8/40 minute lessons – can be arranged through the manager if you have at least 4 participants of similar abilities)

**Semi-Private Lessons\*\*** Resident \$150.00 Non-Resident \$300.00

**Private Lessons** Resident \$180.00 Non-Resident \$360.00

(Private & semi-private lessons are 5/30 minute lessons)

\*\*Semi-private participants must be of similar ability

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes please log on to <http://www.sandiego.gov/park-and-recreation/aquatics> or contact the Pool Manager.

**REFUND POLICY-** Extra care should be given to the selection of classes. **There are NO REFUNDS. Full refund will be granted only if class is cancelled by the Pool Manager**

**NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE**

## KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"



As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.